BUSINESS AS USUAL

AS BUDWEISER GARDENS UNVEILED ITS NEW SIGN, ARENA OFFICIALS WERE STILL HOPING FOR AN END TO THE NHL LOCKOUT. AND LONDONERS WEIGHED IN ON A NEW NICKNAME FOR THE OLD JLC PAGE 3

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LONDON metro®
Tuesday, September 18, 2012
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McCormick's is costly, standing or razed, bylaw official says

Candy factory fire. Councillor's call to demolish part of damaged site going unanswered for now

ANGELA MULLINS
angela.mullins@metronews.ca

Stephen Orser METRO FILE

Shattered windows, boarded-up doors and overgrown shrubs: Welcome to the wasteland officials say is the most expensive vacant building in London.

Vagrants have removed anything of value, such as copper wiring, left in the abandoned McCormick's candy plant. Drug paraphernalia litters production floors once lined with machinery, and there is evidence of many fires, said Orest Katolyk, London's bylaw enforcement manager.

The city spends thousands of dollars each year trying to secure the site, but the sheer size of the building makes it a losing battle, Katolyk said.

"There's so many points of access," he said. "We board it up and try to do the best we can, but if someone really wants in the building (they'll find a way in).

"We're spending more money on this vacant building than any other vacant building in the city."

But razing the 100-year-old structure would cost even more, Katolyk said. He estimates the bill at more than four times the $160,000 cost of tearing down the former Rich-Wood Kitchens building, which was across the street from McCormick's.

Cost aside, there's no need to bring in the wrecking ball, Katolyk said. He and other city officials assessed the building on Monday, two days after a suspicious fire on the north side caused about $100,000 worth of damage. The initial assessment showed there's no immediate danger at the site.

Coun. Stephen Orser, who represents the ward where the building sits, is calling for city staff to issue an emergency demolition order on the damaged portion of the building.

The city has issued such emergency orders in the past, Katolyk said, citing the old Brunswick Hotel (York and Talbot streets), an abandoned climbing gym at 555 Bathurst St. and the Rich-Wood building (475 McCormick Blvd.). In those cases, the public was in danger because of sagging walls or other structural issues.

"Our main concern is public safety, and at this point there's no imminent danger of collapse (at McCormick's)," Katolyk said.

Investigation

- Police have a suspect in the suspicious fire at the old McCormick's plant.
- He is described as a stocky man about five-feet-10, in his 30s, with a dark complexion. He may have a mohawk haircut.
- People with information are asked to call 519-661-5670 or Crime Stoppers at 1-800-222-TIPS (8477).

A crew from Belfor Property Restoration works outside the former McCormick's candy factory (1156 Dundas St.) on Monday afternoon. The north side of the building near the loading docks was the site of a Saturday fire that is being investigated as arson. ANGELA MULLINS/METRO

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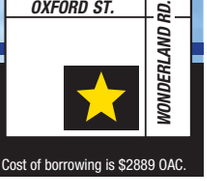

*Sale price includes all dealer fees and is plus HST and license only. Payment is based on the term and rate as disclosed and payment includes HST. Cost of borrowing is $2889 OAC.

Gardens still waiting for plug-pull on NHL game; promises refunds

Budweiser Gardens.
Lockout puts up roadblock to unveiling

JOHN MATISZ
john.matisz@metronews.ca

In a perfect world, the much-talked about unveiling of Budweiser Gardens' new signage on Monday would have aligned with last-minute promotion of one of its signature events, the annual National Hockey League pre-season game.

However, the NHL lockout has put up quite the roadblock.

Interestingly enough, the Gardens' management company, Global Spectrum, has yet to receive word about cancellation or postponement, so technically speaking Sept. 26's Philadelphia Flyers vs. Toronto Maple Leafs match-up is still happening.

"As of right now, the game is on," said Chris Campbell, Global Spectrum's director of marketing. "The only entity that can postpone the game is the NHL."

Campbell says ticket holders will get a refund if the exhibition tilt is cancelled. If it's postponed, they'll have the opportunity to either collect a refund, or use the ticket on the rescheduled date.

If an agreement between the NHLPA and the NHL owners is suddenly reached over the next couple of days, there won't be any problems from an operational perspective, Campbell says.

"We started preparing a long time ago, so we're ready to go," he said.

As for the unveiling of the Budweiser Gardens signage, we asked Londoners through social media this question: The John Labatt Centre became known as the JLC. What do you think Budweiser Gardens will be called?

A worker puts the finishing touches on the new Budweiser Gardens sign Monday morning as a small John Labatt Centre sign, in the foreground above, waits to be changed to the venue's new name. By the end of the day, Budweiser Gardens was in and the JLC was out. ANGELA MULLINS/METRO

Twitter/Facebook answers

@ButchMcLarty
"The Bud."

Ian Gifford
The JLC! ;-)

@ekksteisi
BudGy's.

@Oathbreaker
Besides a stupid name change and marketing decision?

@BHRaymond
Let's call @BudGardens "The Drunk Tank" @themetrolondon #drunktank #ldnont

@kriskursdad
1 Why? The SkyDome never changed it's name. # tongue-firmlyincheek

Douglas S Diwell
Good enough

@kwhetstone22
I think they are taping in to the historical myth of Maple Leaf Gardens here so I'm thinking short-form will be the gardens

@Blunt_Logic
The JLC? You can't rename arenas and stadiums. Locals will always use the original. See Toronto and the Skydome.

@intergalactic_
@Blunt_Logic I almost get yelled at every time I use the name "Citi Plaza."

Michael James Brown Rhb
The bug or the bud (or people will still call it jlc)

@Druds7
the JLC. This town doesn't like change. #JLCforever

@shyoptimist
I'm guessing the consensus will land on Buddy's. They'll announce "The Knigts are playing at Buddy's house tonight!!"

Mike Judd
The Beer Case

Despite reports, Freeman not going anywhere

London Lightning superstar Gabe Freeman, shown here, is staying put, team general manager Taylor Brown says. JOHN MATISZ/METRO

London Lightning GM Taylor Brown told Metro in mid-August that the National Basketball of Canada's most valuable player, Gabe Freeman, would return for another season.

So, Brown was surprised when he was notified about a report from Asia-Basket.com stating Freeman was the newest member of the Philippine Basketball Association's Petron Blaze.

"I don't know anything about that," Brown said Monday. "He's right beside me right now, actually. He's playing for us."

The report, dated Sept. 9, 2012, says basketball agent Sheryl Reyes told InterAKTV television station that the 27-year-old Arizona native was on his way back to the PBA.

Freeman played seven games in the minor pro league following the Lightning's championship season last year. In total, he has suited up for 60 PBA games in his career.

Nevertheless, Brown says Lightning fans have nothing to worry about, as Freeman has been signed and anxious for the start of October's training camp.

In other NBL news, Susan Gordon, a former Rogers Communications Inc. executive, has been hired as league deputy commissioner.

Gordon, a Milton native, will oversee enforcement of NBL rules and explore growth opportunities in the corporate world. JOHN MATISZ/METRO

Serious injuries

Pedestrian accident prompts police reminder

Police are reminding people to use crosswalks after a pedestrian was struck Saturday night in London.

At 11:43 p.m., a man suffered serious injuries after being struck by a car. METRO

Change room

Man charged with voyeurism

The London police cyber crime unit have arrested a man after receiving a complaint of voyeurism in a change room at a local retail outlet on Friday.

Ryan Gareau, 34, has been charged with two counts of voyeurism. METRO

Western Fair

Rise 2 Fame winner named

Samantha Davey's dance solo, titled The Discovery, took first place at the Western Fair Rise 2 Fame contest. Davey, who qualified for the regional contest at Paris Fair, advances to the National Youth Talent Championship. METRO

$13K increase

London Terry Fox Run donations up

The Terry Fox Run London organizing committee says Sunday's event raised $107,162 for cancer research, up $13,000 from last year.

Organizers expect this year's total to hit $130,000. METRO

Correction

Fundraiser will be at The Music Hall

Friday's cancer fundraising event Little Black Dress will be held at The Music Hall (185 Queens Ave.).

Incorrect information appeared on page 9 in Monday's edition of Metro.

SMEN 1

Mobile news

Qriket

As Zellers closes its doors, the company has put Zeddy the mascot up for grabs. Scan the code to watch what the famed bear has to say about the situation.

Together, we are creating a future without breast cancer.

Yannick Bisson
Actor and father of three daughters.

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Canadian Breast Cancer Foundation

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Participants in the Occupy London movement march into Victoria Park on Oct. 15, 2011. The march ended with an encampment being established in the park. ANGELA MULLINS/METRO FILE

Occupiers reflect on London movement

One year later. Occupy London participants past, present talk about the lasting impact

ANGELA MULLINS
angela.mullins@metronews.ca

Like its counterparts around the globe, Occupy London hasn't brought an end to corporate greed or bridged the income gap between rich and poor.

But it started a "conversation" that many say is continuing as the movement marks one year.

"We realize that we're more powerful than the one per cent, and there's nothing to stop us," Londoner Daniel Baylis said, playing off Occupy's slogan that casts 99 per cent of people as society's "have-nots."

"We (realized we) could change the world, and the way it views humans over the bottom line."

At a glance

- Occupy London officially started Oct. 15 when participants marched into Victoria Park and established a makeshift camp, about a month after the first movement on Wall Street.
- The movement is planning an Oct. 20 reunion in Victoria Park.

Occupy London remains active, Baylis, 26, said. Members have been meeting regularly in Victoria Park — the site of their encampment last fall — and plan to move gatherings to the central library this winter.

While they're no longer capturing headlines with marches through downtown streets, Occupy participants are constantly sharing ideas about ways to advance their causes and watching for others — like unions — who need support.

Occupy has, in a way, become larger than itself. It's now a label used globally by people from many organizations coming together to battle social injustice and fight for equality.

That "collaboration" is one of the main, and best, things born from the effort, and is following suit, said Eric Shepperd.

"Basically, Occupy London has turned into a coalition, a hub of a variety of activist groups that are working together," the 28-year-old Londoner said.

Shepperd, one of the key faces in the early days of the local movement, has distanced himself from Occupy to pursue other projects with similar themes.

But, he said, Occupy London "was probably the greatest experience in my life.

"Just being there, meeting all those people and getting to know a new community of people."

Follow Angela Mullins on Twitter @MetroAngela

Man fell through slats

Police issue warning after rail bridge death

Police are urging people to take caution at rail crossings and avoid walking along — and on — train tracks after a Saturday death on the CP Rail bridge near Gunn and Oxford streets.

Police said two men were walking on the train trestle shortly after 3 a.m. when one fell through the wooden slats. The 23-year-old, whose name has not been released, died as a result of his injuries.

The death is considered an accident.

ANGELA MULLINS/METRO

Ad agency. Hall Associates get international accolades

Hall Associates, self-described "dam busters," "can of worm openers," and "wicked problem solvers," are again making a name for themselves in the international marketing communications field.

Currently in its 40th year of business in the Forest City, the family-owned company recently won two Summit International Awards, which are handed out annually to firms whose work "exemplifies the best in its class."

Hall collected two silvers in the Marketing Effectiveness category, one for its work with Lerners Personal Injury Group and another for its work with Old Oak Properties. In the Marketing Effectiveness tier, there were more than 700 entries from various domestic and international firms.

To date, the agency has picked up about 20 Summit awards, including three in 2009. JOHN MATISZ/METRO

Brothers Simon Hall, left, and Nick Hall are co-owners of London advertising agency Hall Associates. METRO/HANDOUT/HALL ASSOCIATES

People in the Occupy Movement take part in a rally on Parliament Hill in Ottawa on Monday. Occupy protesters returned on the one-year anniversary of the movement. See the photo gallery online at metronews.ca. SEAN KILPATRICK/THE CANADIAN PRESS

Conservatives welcome NDP with 'bald-faced lie'

Parliament resumes.
Harper joins in on carbon tax tirade against opposition leader

Canada's parliamentary engine sputtered back to life with a hyper-partisan bang Monday as the Conservatives sought to tarnish New Democrat Leader Tom Mulcair by accusing him of planning to impose a carbon tax on unsuspecting Canadians that the NDP has never proposed.

Even Prime Minister Stephen Harper got in on the act, demonstrating that a three-month summer break has done little to soften the Conservative government's go-for-the-jugular partisan instincts.

Harper, his ministers and his backbenchers repeated at every opportunity their tirade against Mulcair's alleged carbon tax proposal, disregarding the fact that the NDP has never actually proposed a carbon tax.

Indeed, Mulcair and his predecessor, Jack Layton, have proposed a cap-and-trade system to reduce greenhouse gas emissions — a proposal Harper himself championed for several years before dropping the idea.

At no point did the Tories ever refer to their own proposal as a carbon tax — but now, it seems, they're not about to let facts get in the way of a good partisan attack.

"Cap and trade or cap and tax, a price on carbon is a tax on carbon. That makes it a carbon tax," asserted New Brunswick MP John Williamson.

Mulcair refused to respond to the attacks on his supposed carbon tax plan — an assertion he's described as a "bald-faced lie." THE CANADIAN PRESS

Rebuttal

"The NDP's top priority is the economy. The Conservatives' top priority is making things up about the NDP."
NDP Leader Tom Mulcair

Non-conviction records

Background checks tainting thousands

Thousands of Canadians are being unfairly and often unwittingly tainted by information contained in police background checks, a prominent civil liberties group said Monday.

The result is that people are denied employment or run into a host of other problems, according to the Canadian Civil Liberties Association.

At issue is the disclosure of "non-conviction" records — information about an investigation, arrest or charge that did not lead to a conviction.
THE CANADIAN PRESS

Abortion. Conservative MP looking to re-open contentious debate

The Conservative MP seeking to re-open debate on fetal rights and abortion says it should be up to Parliament to resolve an issue the courts "left open."

But Kitchener MP Stephen Woodworth said he is not optimistic he will get the 50 per cent necessary to pass a motion he sponsored to study the definition of "human being" in the Criminal Code.

Woodworth said his motion comes to a final vote in the House of Commons on Sept. 26, and would merely strike a committee to study the issue, and open a "respectful dialogue" on what he argues is a pressing matter.

He argued it won't seek to write a new abortion law, but at the same time Woodworth claimed the current legal environment around abortion practices is "dishonest."

At a news conference, Woodworth challenged anyone claiming a fetus at eight or nine months gestation is not a child and asked, "Does abortion access really depend on that kind of fraud?"
TORSTAR NEWS SERVICE

French court asked to halt publication of nude Kate photos

Duchess of Cambridge.
French and Italian gossip magazines that have published photos are owned by Berlusconi publishing house

A French court was asked on Monday to halt further publication of topless photos of Prince William's wife Kate.

After hearing arguments by lawyers for the British royal couple and for the popular French gossip magazine Closer, the court said it would rule at noon today. The royal request was made after Closer printed 14 pictures of the partially-clad Kate, the Duchess of Cambridge, in its pages last week.

On Monday, the Italian gossip magazine Chi — which, like Closer, is part of the Italian publishing house Mondadori, owned by former Italian Prime Minister Silvio Berlusconi — published a 26-page spread of photos of Kate without her swimsuit top. An Irish tabloid published more Kate topless photos over the weekend, drawing a vow from Ireland's justice minister to revise privacy laws there.

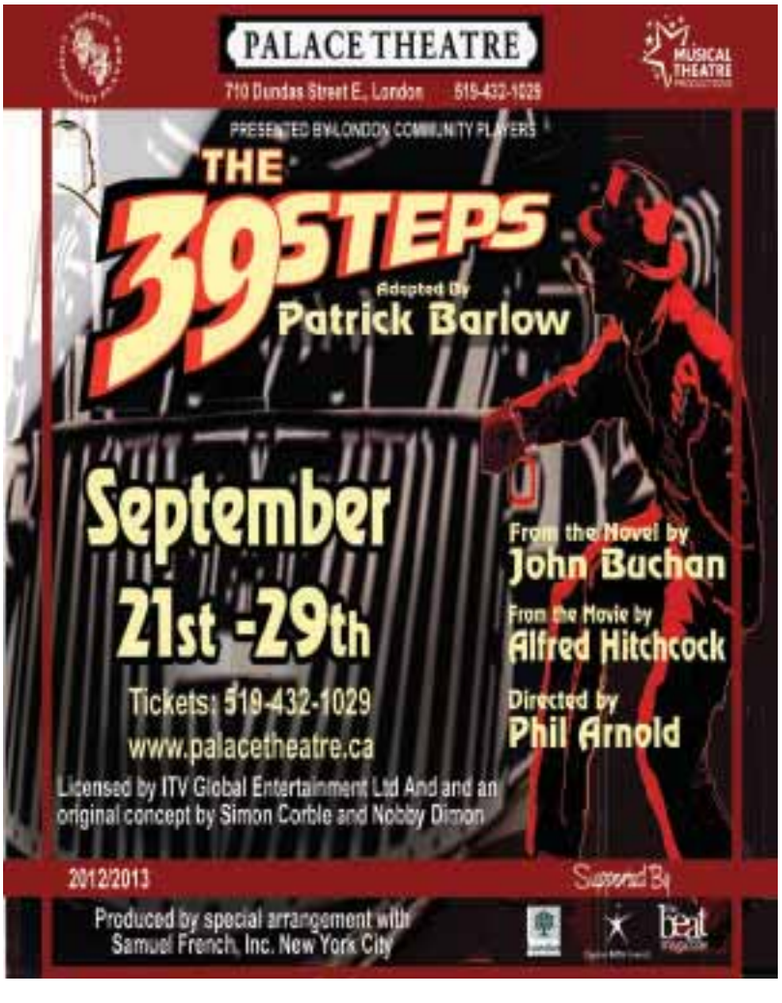
The Duchess of Cambridge
THE ASSOCIATED PRESS FILE

The photos in question show the Duchess of Cambridge relaxing during a holiday at a private villa in Provence, sometimes without her bathing suit top and, in one case, with her suit bottom partially pulled down to apply sun screen.

William's St. James's Palace called the publications of the photos a "grotesque" invasion of the couple's privacy.

The royal couple's lawyer, Aurelien Hamelle, told the French court Monday that he is seeking 5,000 euros ($6,400) in damages from Closer and an injunction forcing the magazine to stop publishing the issue with the photos.

He also asked the court to fine Closer 10,000 euros ($12,800) a day for each day the injunction is not respected, and 100,000 euros ($128,000) if the photos are sold. THE ASSOCIATED PRESS



The new Apple iPhone 5 is displayed on Sept. 12 in San Francisco. ERIC RISBERG/THE ASSOCIATED PRESS

Ringing in a record: 2 million iPhone 5s ordered on first day

In stores Sept. 21. As demand exceeds initial supply, some devices are scheduled for delivery in October

Orders for the iPhone 5 topped two million in the first 24 hours after Apple started taking them at midnight Pacific time on Friday. That's more than double the number of iPhone 4S orders on its first full day.

The company also says that while most preorders will be delivered on Friday, demand for the iPhone 5 exceeds the initial supply, so some of the devices are scheduled for delivery in October.

The iPhone 5 has a bigger screen — four inches measured diagonally — that allows room for another row of icons, and widescreen movies to fit better. The calendar will now show five days at a time instead of just three. Previous iPhone models carried 3.5-inch screens. The phone is also thinner and weighs less than previous models.

The phone will be available at Apple stores in Canada on Friday, Sept. 21.

Earlier Monday AT&T Inc. said it set a sales record for the iPhone 5, with customers ordering more of them than any previous iPhone model on the first day of orders and over the weekend.

Apple's stock added $7 US to $698.28 in morning trading after rising as high as $699.54 earlier in the session. THE ASSOCIATED PRESS

By the numbers

4

The iPhone 5's screen measures four inches on the diagonal, versus the 3.5-inch screen on previous models.

New mortgage rules lead to drop in national home sales

Home sales declined 5.8 per cent across Canada from July to August, the largest month-over-month decline since June 2010, according to the Canadian Real Estate Association.

Actual sales activity was down almost nine per cent in August over a year earlier, "providing the first clear indication that the recent changes to mortgage regulations aimed at cooling the market are working as intended," said CREA chief economist Gregory Klump Monday.

"The broadly based decline in August sales activity suggests that some buyers may no longer qualify for a mortgage now that amortization periods of high ratio (less than 20 per cent down payment) mortgages have been shortened," he added.

House prices remained relatively stable across the country, posting increases of just 0.3 per cent on a year-over-year basis and the inventory of homes for sale at the end of August climbed slightly to 6.5 months, up from 6.1 months at the end of July.

The seasonally adjusted average price of a Toronto home held steady in August, up 1.5 per cent to $501,058, up from $493,647 in July, according to CREA. Actual prices were up 6.1 per cent in August over the same time last year.

The GTA saw a 7.7 per cent decline in new listings, leading the way for a 1.7 per cent decline in new listings across the country, which helped keep the national housing market more balanced than it has been at any time in the last two years, according to CREA.

While the average Vancouver house price was down almost seven per cent in August over a year ago to $725,086, it was up about three per cent in August over July when adjusted for seasonal fluctuations.

Sales declines were posted in about two-thirds of all markets representing 80 per cent of national house sales activity including the GTA, Vancouver, Greater Montreal, Calgary, Edmonton and Ottawa.

Some 334,208 homes have changed hands over Canada's MLS system so far this year, an increase of 2.8 per cent compared to the same eight months of 2011. TORSTAR NEWS SERVICE

Quoted

"(The decrease provides) the first clear indication that the recent changes to mortgage regulations aimed at cooling the market are working as intended."

Canadian Real Estate Association chief economist Gregory Klump

Austria

Saucy starter: McNoodles hit the menu

McDonald's is introducing noodle dishes this week at its restaurants in Austria. The McNoodles come with vegetables and salad, chicken pieces and either sweet and sour or curry sauce. The company says it spent more than a year developing the product. THE ASSOCIATED PRESS

Market Minute

DOLLAR
102.53¢
(-0.44¢)

TSX 12,446.86 (-52.61)

OIL $96.62 US (-$2.38)

GOLD $1,770.60 US (-$2.10)

Natural gas: $2.865 US (-7.8¢)
Dow Jones: 13,553.10 (-40.27)

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NO SHAME IN BARING IT ALL

SHE SAYS...
Jessica Napier
metronews.ca

I am not what you'd call an exhibitionist.

I didn't grow up in an underpants-only kind of household. When changing for gym class, I would awkwardly wrestle into my sports bra while still wearing a sweater on top (believe me, this is actually not impossible). To this day, the first thing I will do in an unfurnished apartment is hang curtains.

While I might have a bit of a prudish attitude when it comes to my own public nudity, it takes just the briefest moment of browsing online to realize that there are plenty of women out there who have no problem exposing a little skin.

On any given workday, I've accidentally seen about three or four NSFW photos before I finish my first cup of coffee.

Whether or not these online exhibitionists are doing it for the right reasons (empowering self-expression) or the wrong reasons (desperate attention-seeking from creepy Internet lurkers) is up for debate, but there is certainly no shortage of skin on social media and beyond.

However, not all bare breasts are treated equally.

Last week, the Internet got its collective knickers in a twist after a French tabloid published a revealing five-page spread featuring Kate Middleton sunbathing sans bikini top while on vacation at a private chateau.

Not their fault

To argue that Middleton made a bad choice to go topless or that she "should have known better" is akin to saying that she got what she deserved. The idea that a woman should be publicly shamed for things she chooses to do in private that are then illegally captured by trespassing photographers is insane (hi, Kristen Stewart).

The magazine's editor-in-chief defended the images, claiming they weren't lewd, but a beautiful intimate series of a young couple in love. Of course, this "tasteful montage" argument might be easier to swallow if the photos weren't captured by slimy paparazzi stalking the royals during what should have been a very private moment.

While many people expressed outrage at this extreme violation of privacy, I was horrified to see just how many people took to Twitter and online comment sections to unleash a barrage of hostility towards the duchess for having the audacity to act like a normal 30-year-old woman on vacation with her husband.

Nipples? Gasp!

Kate Middleton GETTY IMAGES

To argue that Middleton made a bad choice to go topless or that she "should have known better" is akin to saying that she got what she deserved. The idea that a woman should be publicly shamed for things she chooses to do in private that are then illegally captured by trespassing photographers is insane (hi, Kristen Stewart).

The violation of Middleton's privacy and the furious responses that followed contribute to the archaic yet persistent notion that as women our bodies, more than anything else, are for display; to be looked at by men, by other women and, evidently, by telescopic lenses emerging from the shrubbery.

Follow Jessica Napier on Twitter @MetroSheSays

These two decades have 22 minutes

JEFF HARPER/FOR METRO

East Coast humour

This Hour Has 22 Minutes marks 20th anniversary

Shaun Majumder and Cathy Jones film a pre-recorded section of This Hour Has 22 Minutes against a green screen at CBC's Bell Road studio in Halifax. The show is celebrating its 20th anniversary, which premieres Tuesday.

For Majumder, striving to "take the piss out of our own culture" will always be an important role for Canadian comedians.

It's what the Gemini Award-winning actor sets out to do each week on the long-running CBC series that jeers Canadian politics and current events.

"We've got a perfect format to continue forever and ever, no matter how many people come in through the cast," said Majumder, who started on the show several years ago as a writer.

Some of the country's most highly acclaimed comedians have called the show home, including Rick Mercer, Colin Mochrie, Greg Thomey and Mary Walsh. METRO

Knee-slapping comedy

Rick Mercer makes for memorable TV

Who can forget the show's long-running Talking to Americans segment, where Rick Mercer set out to expose how little some Americans know about their Canadian neighbours.

Some truly memorable bits included getting Americans to congratulate Canada on legalizing VCRs, or staplers.

Since its inaugural season in 1992, each show has been written and produced within one week at the CBC building on Bell Road in Halifax.

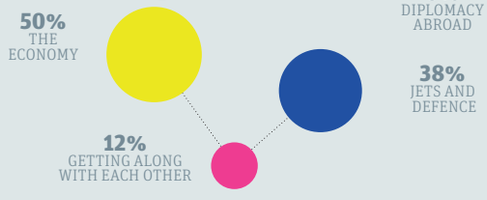
Rick Mercer THE CANADIAN PRESS

Producer Peter McBain said 22 Minutes' East Coast home is important to its perspective on Canadian news. METRO

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

What are you most hoping Parliament will focus on during the fall session?



Twitter

@CanadianCheri: Let's skip Monday and cuddle instead.

This doesn't change the calibre of the talent that comes, does it? #LdnOnt

@elizabethfilia: Am I the only person under the age of 50 and not retired and/or in Mexico who enjoys listening to the Gipsy Kings?

@allydougall: Rogers Center? No. Skydome, yes. Budweiser gardens? No. JLC, yes. Why mess with success? #RIPJLC #ldnont

@TBlizzle76: Does it mattert that the JLC is now the Budweiser Gardens?

@Grimsterson: Aprox. 65% of downtown #LdnOnt people listen to Kid Rock

metro

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SCENE 2

DVD reviews

The Cabin in the Woods

Director. Drew Goddard

Stars. Kristen Connolly, Chris Hemsworth, Anna Hutchison

●●●●○

To say The Cabin in the Woods isn't your average horror movie is like observing that King Kong isn't your average ape. Even when major plot twists are revealed — as the trailers do — there are so many others left, you have no reason to scream "spoiler!" That said, you don't want to know too much in advance about this feature directing debut of Cloverfield writer Drew Goddard. He shares screenwriting credits with fellow genre subverter Joss Whedon. Better you should be as naïve as are most of our five cabin-bound college kids, one of them played by a pre-Thor Chris Hemsworth. The film's internal logic may not stand up to close scrutiny, but the intent behind it is rock solid: a horror show that would have impressed even the ancient Greeks, both their warriors and their philosophers.

PETER HOWELL

The Woman in the Fifth

Director. Pawel Pawlikowski

Stars. Ethan Hawke, Kristin Scott Thomas, Joanna Kulig

●●●●○

Ethan Hawke and Kristin Scott Thomas meet in the shadow of the Eiffel Tower in The Woman in the Fifth, but that's about as conventional as this stimulating Paris psychodrama gets. Hawke's sullen Tom, an American novelist consumed by doubt and misfortune, chats with Thomas's mysterious Margit, a translator who seems to include mind-reading among her many talents. The likely touchstone for writer/director Pawel Pawlikowski is the work of fellow Polish director Roman Polanski. We are never sure if what we are seeing is actually happening, including the nature scenes that Pawlikowski interjects as contrast to the urban jungle.

PETER HOWELL

On the web

Qriket

Keira Knightley to Vogue: I had no life besides acting.

Ode to TV: The shows that inspired the stars

Emmy Awards.

Nominees share their memories of television classics, from Bonanza to MASH and wanting to become a Huxtable

Long before Kevin Costner, Bryan Cranston, Christina Hendricks and Nicole Kidman were Emmy nominees, they were kids who loved watching TV.

"I liked Man from Uncle and High Chaparral," Costner said.

"I really, really liked that when I was a kid."

"I remember the transition from black-and-white to colour," continued Costner, who is nominated as both star and producer of the TV movie Hatfields & McCoys.

"It's like one by one the televisions in my neighbourhood became colour TVs and we would all go look at each other's colour TVs and ooh and aah at Bonanza. I'm kind of glad I saw it all, in a way. I remember the TV would shut off at 11 and just play the national anthem all night long."

Cranston, who is nominated for his role on Breaking Bad — which won him the Emmy Award three years in a row, grew up on The Andy Griffith Show.

"I love the character of Barney: Classic comic character of the absolute confident man with no ability whatsoever. Always funny. The calm and comforting tones of Andy Griffith, who we lost recently," the actor said.

"I think there was just something very sweet and comforting about watching that show, and the simplicity of the lifestyle and a days-gone-by kind of thing."

Hendricks, nominated for the third consecutive time for her supporting role in Mad Men, said her all-time favourites were MASH and Northern Exposure.

"Both of them had a sense of real community and camaraderie among the cast, a sense of friendship in this world that I remember responding to," she said.

Mayim Bialik of The Big Bang Theory was also a Northern Exposure fan.

"They had every kind of possible character," said the actress, who remembered watching the show while starring on Blossom.

"I would have loved to be anything on Northern Exposure, but mostly Rob Morrow's love interest. That would have been my choice."

Kidman, a first-time Emmy nominee for her lead role in the TV movie Hemingway & Gellhorn, said she was raised on The Brady Bunch and Bewitched.

"Growing up in Australia, the mini series was such a big, big thing. It was something that launched my career because I did mini series in Australia," she said.

"I did a thing called Bangkok Hilton and one called Vietnam, which was on the Vietnam War in the '60s and was a hugely rated show.

"That was my big break, really, as an actor."

Sarah Paulson, nominated for her supporting work in the TV movie Game Change, loved Who's the Boss?

"Angela and Tony were who I wanted to be when I grew up. I wanted to have that relationship," she said.

"I watched a lot of television growing up and they were like my surrogate parents. Angela and Tony. I loved 'em."

Jesse Tyler Ferguson, Maya Rudolph and Zooey Deschanel were all fans of The Cosby Show. Ferguson and Rudolph even dreamed of joining the family.

"It felt very familiar," the Modern Family actor said, "and I wanted desperately to be a part of that family."

Rudolph, nominated for hosting Saturday Night Live, said if she were to join the show, "I would have to be a fictional cousin, because I don't think they needed any more children.

"I don't think the Huxtables needed any more children.

"But, listen, if Denise needed a best friend to go shopping with, that's who I would be."

Julia Louis-Dreyfus, a 14-time Emmy nominee and two-time winner, wants to bring back her favourite show from childhood: Flipper.

"Talking dolphin. How can you beat it?" she said.

"Well, sort of talking. It communicated. A dolphin who beats the bad guy every week.

"I think we should redo that.

"I think I'm going to pitch that. That's my new HBO show: Flipper: Part II."

THE ASSOCIATED PRESS

Nicole Kidman. THE ASSOCIATED PRESS

Christina Hendricks
THE ASSOCIATED PRESS

Bryan Cranston
THE ASSOCIATED PRESS

Kevin Costner THE ASSOCIATED PRESS

Quoted

"I would have to be a fictional cousin, because ... I don't think the Huxtables needed any more children. But, listen, if Denise needed a best friend to go shopping with, that's who I would be."

Maya Rudolph, who is nominated for an Emmy for hosting Saturday Night Live, on her desire to be part of The Cosby Show's Huxtable family.

The Emmy Awards

The Primetime Emmy Awards will be presented on Sept. 23 at the Nokia Theatre and broadcast live on ABC.

UP TO 50% SAVINGS!

Minaj, Urban join Mariah Carey as Idol judges

The new lineup for the 12th season of American Idol is in place, with singers Nicki Minaj and Keith Urban joining already hired Mariah Carey.

And original judge Randy Jackson — the only holdover from last season — will keep his spot on the panel. The news was announced on the reality show's Twitter account.

Urban had quit his gig as a judge on the Australian version of The Voice last week, prompting speculation that he had in fact signed on for "Idol." There's no word yet on what Minaj and Urban will be making, but chances are it won't be as much as Carey, who earns a reported $16 million for one season of the show.

Twitter

@SandraBernhard
the #x-factor watched it standing up just long enough to catch the tiny beiber look alike get much love from #britneyspears heart wrenching

@ParisHilton
Life only comes around once. So do whatever makes you happy & be with whoever makes you smile.

@JonahHill
Listening to Necro for the first time since high school while pulling an all Nighter on Wolf Of Wall Street. Starting to get loopy.

@SethMacFarlane
You kids don't remember, but once there were sitcoms about something other than gay guys.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Even millionaires get the blues

THE WORD
Dorothy Robinson
scene@metronews.ca

Life is so hard for millionaire Miley Cyrus.

The starlet got a bit mopey the other night with a series of introspective (stoned?) posts to Twitter, causing fans to worry about her happiness.

"Ever feel like you want just … something more? Not sure what exactly. Passion perhaps?" she tweeted.

"Sometimes I feel like I love everyone more than they love me. Hate that feeling. Maybe it's not that they love you less. They just love you the most they are capable of loving." But Cyrus was quick to clear up any confusion over the state of her engagement to Liam Hemsworth, posting, "No, there is not trouble in paradise."

Anyone else read this and picture Miley writing this while gazing wistfully out the window while a lone tear streaks down her face, coming to rest on her $1,000 intentionally distressed Marc Jacobs sweater?

'Warning: Do not buy this album! …'

Chris Brown may have trouble moving copies of his new album, Fortune, thanks to one record store chain's interesting warnings.

At London locations of HMV, copies of Brown's CDs have reportedly been affixed stickers that read, "Warning: Do not buy this album! This man beats women," according to Hollyscoop.

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UP TO 50% SAVINGS!

Best Health

How to boost metabolism

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Want to keep your body burning fat and calories all day long? In the October issue of Best Health magazine, on newsstands now, regular contributor Dr. Susan Biali offers 10 strategies for boosting metabolism. Here are four of them.

1. Enjoy coffee or green tea.
Your morning cup of joe gives your calorie burn a boost for up to two hours. Green tea is a powerful metabolism stimulator, too; drinking it frequently can help to accelerate weight loss.

2. Get enough sleep.
Less than seven hours of sleep a night messes with metabolism-regulating hormones. If you're sleep-deprived, you process carbs less efficiently, and that increases your risk of obesity.

3. Eat more protein.
A 2012 study found that people who ate more protein had a higher resting metabolic rate. Women often don't get enough, so have some lean protein such as fish, chicken or eggs.

4. Add chili peppers.
Capsaicin in chili peppers stimulates your nervous system and improves your metabolism after meals. Adding chili to foods also curbs your appetite, so you'll eat less. These benefits are maximized if chilies are eaten regularly, so find ways to spice up your life.

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Bust that BBQ bulge with these workouts

Summer is over. It's time to work off those extra steaks that you and friends chowed down on during the sunny months

MEREDITH ENGEL
Metro World News

Summer is over so it's time to get rid of that BBQ bulge. ISTOCK PHOTOS

As summer winds down, you're likely done trying to get your bikini body or Phelps-like abs. But that doesn't mean you should go hide in sweats for the next nine months. We enlisted Adam Rosante, celeb fitness trainer and founder of The People's Bootcamp, which offers pay-what-you-can classes in New York, to give us some moves to get you fit for fall.

Why these specific exercises? "(These) exercises target almost every single muscle in the body," Rosante says.

Perform each exercise for 40 seconds with 10 seconds of rest between each move. After you've completed all of them, that's one cycle. Rest for 60 seconds, then repeat. Perform the cycle three times. Be sure to keep your core tight throughout the entire workout.

Warm-up

Stay away from the long stretches, Rosante says.

"To just jump right into a long, static stretch is a good way to tear the muscle or fatigue it to a point where you then injure yourself during the workout. You just want to move around and really get the blood flowing. It creates pliability and elasticity in the muscles. Then afterwards, you get into that static, long stretch cool down. That will elongate those muscles and help prevent them from tightening up and becoming short and constricted, so you get a nice long, lean body."

What counts as a good warm-up? Jogging in place for 20 seconds, 20 to 30 seconds of jumping jacks and some torso twists.

"Anything you can do to get your body moving in a functional way," he says.

Power thrusts

Stand with feet hip-width apart. Squat until thighs are almost parallel to the floor, then place your hands on the floor in front of you. Kick your feet back to a push-up position. Immediately return your feet to the squat position and jump straight up as high as you can, reaching the fingertips up and bringing the knees to the chest. Land with soft knees and immediately drop back into a squat. Continue the sequence for 40 seconds.

Push-outs

Start in a push-up position with hands directly below your shoulders. Perform a push-up. At the top of the motion, lift the left hand up and bring it out about a foot to the left on the ground. Perform another push-up with staggered hands. At the top of the motion, explode the left hand back to normal push-up position. Do another push-up. Repeat the move with the right hand. Continue, alternating for 40 seconds.

Scissor switches

Stand with your right foot forward and left foot back. Keeping your torso upright, lower yourself into a lunge until your left knee is bent and your right thigh is parallel to the ground. Jump up and scissor your legs mid-air to land down with soft knees in a lunge with your left foot forward and your right leg back. Continue alternating for 40 seconds.

Power kicks

Stand with your feet hip-width apart. Bring your fists up just below your chin. Now, open up the chest and pull the shoulders down the back. Alternate waist-high front kicks, springing softly from foot to foot so you're never on more than one foot at a time. Continue alternating for 40 seconds.

Bird-dog push-ups

Start in a push-up position with your hands directly below your shoulders to begin with.

- **Exercise.** Perform a push-up. At the top of the motion, extend your right arm and left leg to form a straight line from fingertip to heel. Return them both. Perform another push-up and repeat the arm and leg movement on the opposite side. Continue alternating for 40 seconds.

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On the web

Qriket

Salt-high blood pressure link may be stronger in overweight kids, U.S. government study suggests

Final bite of summer flavour

This recipe serves four. RYAN SZULC, FROM REISMAN'S FAMILY FAVOURITES (WHITECAP BOOKS)

ROSE REISMAN
for more, visit
rosereisman.com

This is the salad to make when corn is at its ripest.

I always look for small white and yellow kernels on cobs that have been picked that day if possible.

You'll have to go to a local farmers' market. It's well worth the trip.

If you want to make this salad year round, buy canned or frozen corn niblets and sauté about 2 cups in a skillet just until browned.

1. Lightly coat a grill pan with cooking spray and set over medium-high heat, or heat your barbecue to medium-high heat. Grill corncobs about 5 minutes, or until corn begins to brown. Using a sharp knife, slice the niblets off of the cobs and place in a bowl.

2. Add red onion, roasted red pepper and basil to corn and stir to combine.

3. To prepare dressing, whisk olive oil, cider vinegar, jalapeño, garlic, salt and pepper. Pour dressing over salad and toss to combine. **ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN**

Nutritional analysis

Per serving

159 calories; 4 g protein; 17 g carbohydrates; 2.9 g fibre; 9 g fat; 1 g saturated fat; 0 mg cholesterol; 168 mg sodium

Ingredients

Salad
- 3 fresh cobs of corn
- 1/2 cup diced red onion
- 1/2 cup diced roasted red pepper
- 1/2 cup chopped fresh basil

Dressing
- 2 tbsp olive oil
- 1 tbsp apple cider vinegar
- 1 1/2 tsp finely chopped jalapeño pepper
- 1 tsp finely chopped garlic
- pinch of salt and pepper

Health Solutions

Better ways to sweeten up

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Our bodies are not meant to process the intense sweetness of processed sugar. They are made to pull out the natural sugars that come along with other nutrients like the minerals in fruit and the fibre in whole grains.

If we remove the minerals and fibre, the pancreas goes into overdrive and chugs out more insulin than the body knows what to do with. What you really want to do is reduce the amount of sugar in your diet overall.

Then you want to change the type of sweetening to be sure that if you are eating it, it at least offers some other benefit.

Here are the better ways to sweeten up.

- Unpasteurized honey has antimicrobial and antibacterial qualities that have been shown to soothe coughs and sore throats.
- Pure maple syrup (not artificially flavoured brands) contains trace minerals.
- Stevia is a no-calorie sweetener derived from an herb.

The trick is to train your taste buds to need less and less over time. Along the way, try choose something that offers even a little bit more than sweetness.

THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Single? It may be unhealthy for you

Study. Researchers in Sweden find that single men are least likely to believe they could influence their own health

CELIA MILNE
For Metro

OK there Columbo, you know smoking is bad for you, right? ISTOCK

Ever noticed single men don't seem to care about their health? It's not your imagination.

A large study in Sweden has found that men who don't live with a mate are less likely to believe they can influence their own health. As a group, they are less motivated than others.

Researchers studied 28,198 men and women between the ages of 18 and 80 to find out whether they possessed a social factor called "internal health locus of control" which essentially means a belief that your behaviour influences your health. They found 33.7 per cent of the men and 31.8 per cent of the women lacked internal health locus of control.

Single men living alone were the least likely to believe they could influence their own health through things like eating a healthy diet, exercising regularly, not smoking and keeping alcohol consumption under control. Men and women who were widows also scored fairly low on the tests.

Yet these healthy behaviours are known to help prevent cardiovascular disease, diabetes and some forms of cancer.

"Marital status affects health locus of control," says Martin Lindström, a professor of social medicine at Lund University in Malmö, Sweden.

He believes this finding is important for policy makers as they design messages to promote healthy behaviour.

While the study was conducted in a Swedish population, it may be applicable to Canada.

"Health promotion should particularly consider some marital status groups," he added.

Advice

Elevator etiquette

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

When in an elevator at the office or home, have you ever pushed the 'close the door' button while someone was coming toward you, or do you always hold the elevator door open for them?

If truth were told, of course I have pushed the 'close the door' button in the past, but I actually make an effort to hold the door for people, as I am always appreciative when others do that for me.

The few times I have pushed the 'close the door' button is when someone is very far away down the hallway and I'm running late for a meeting. But while we are on the topic of elevators, here are a few of my own pet peeves.

1. People who talk on their cellphone while in the elevator
2. Not stepping out of the way, or even out of the elevator, when others are trying to get out.
3. Parents who allow their kids to push all of the buttons thus forcing the elevator to stop at each floor.
4. Jumping the line to enter the elevator when people are waiting.

This elevator sign should include the words 'No cellphones.' ISTOCK

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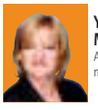
The vicious cycle of debt can be broken if you take the time to plan ahead. ISTOCK IMAGES

Get ahead this holiday season by planning ahead

Alison's Money Rule.
Plan now to break habit of overspending during Christmas



YOUR MONEY
Alison Griffiths
money@metronews.ca

Good news! The Canadian Payroll Association's annual survey found that fewer of us would be in financial difficulty this year if a pay cheque was delayed — 57 per cent compared to 47 per cent in 2011.

Now for the bad news! The fact that nearly half of all Canadians would still face severe problems, coupled with record family debt loads spells trouble. It means that any financial emergencies (and life does throw them at us) would have to be paid through greater debt.

The vicious cycle of debt can be broken. But in order to get ahead you have to plan ahead.

Take the holiday season, for example. Canadians spend about $600 to $800 on gifts and that much again on food, decorating and entertaining. Surveys show that Canadians want to spend less but lack of planning and last minute shopping keep tipping us over budget.

There are 14 weeks until Christmas. You'll cut your holiday spending drastically if you create a plan.

1. Go light on the list
Do your holiday list right now and slash it by half, at least. Cards, letters and phone calls are a wonderful substitute.

2. Re-gift
Ten per cent of Canadians give presents they know that the recipient won't like. Go through your house and see what you can find. Also, create a re-gift box and add to it throughout the rest of the year.

3. Use points
Cash in loyalty points for movie coupons or gift certificates.

In numbers

30%

Thirty per cent of Canadians do most of their holiday shopping in the 10 days before Christmas.

4. No gift zones
Extended family members might be happy not to get a present if they don't have to give one. Also have your kids make cards for teachers, coaches, tutors, etc. They'll appreciate the effort more than a drugstore soap set.

5. Go with gift baskets
Plan them now and add items during sales. It is actually very enjoyable if you aren't stressed and doing it last minute. Three years ago a beloved dog died and a friend dropped off a basket with winter greenery, homemade jam and a couple of biscuits to cheer up our other dog. Perfect.

Hacked! Learn some anti-fraud practices

FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

Changing your passwords regularly is the best way to protect yourself from fraudsters. ISTOCK IMAGES

While on a fabulous European vacation last week, my social media accounts were hacked. The fraudster used a free 'secure' Wi-Fi zone at my hotel to pry into my private information.

Unfortunately, hundreds of fake emails and direct messages were sent out under my name and my business VISA account was compromised before I became aware of the issue.

I always take careful precautions to protect my private information, but I've learned from this experience that I need to step up my anti-fraud efforts.

Hands down, the best way to protect against fraud is to prevent it from happening in the first place using common sense and adopting some anti-fraud best practices.

Use secured wireless networks when you access the Internet. I could have potentially prevented my fraud experience by avoiding signing into my accounts while on an unfamiliar server.

I also made the mistake of not logging off my accounts immediately when I was finished.

When I reported my fraud, the very first thing I had to do was reset my passwords and make them more complex.

As a best practice, change your passwords regularly (every few months).

Ensure the password is difficult for fraudsters to guess and contains a combination of numbers and letter.

When surfing the Internet or social networking sites, limit the amount of information you disclose.

Whether through email or on the phone, never give out your address, phone number or banking information to an unfamiliar source.

Filter out bogus emails and phone calls. If you receive unsolicited email requests for information or even to click on an unfamiliar link, verify the message and sender using a third party unrelated to the message.

If you don't recognize a phone number, don't pick it up. Legitimate people will leave a message.

When shopping online, ensure payment websites are secure.

If you're not sure it is, call the company that makes the product directly and talk to customer service manager.

Ensure your computer's operating system is fully updated and that you have a robust security system that blocks pop-ups and includes a personal firewall, anti-spam, anti-virus and anti-spyware.

Last, check your credit score at least once a year to see that there are no errors or items you don't recognize.

If you discover a problem, contact the credit bureau immediately and bring in law enforcement if you believe you've been defrauded.

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Future uncertain for locked-out free agents

NHL. Work stoppage puts careers on hold and deters deals for unrestricted players

Two and a half months after becoming an unrestricted free agent, Kenndal McArdle is still waiting for the phone to ring.

And with the NHL in a lockout, it's unlikely he'll be getting contract offers any time soon.

"(The long wait) is something that can be frustrating, because the unrestricted free agent market is a lot smaller this summer because of the lockout," said McArdle, a 25-year-old Toronto native who grew up in Burnaby, B.C.

"There's more worrying and more uncertainty in your life. For a lot of us, hockey is our livelihood, and the uncertainty increases the amount of stress in your life. So it's been a long summer, to say the least."

McArdle is among a large group of unsigned players, young and old alike, who are waiting for the next collective bargaining agreement to determine where they will play.

Theoretically, McArdle and his contemporaries have time on their side and should be able to rebound from the lockout's impact on their careers — but the older players do not.

McArdle spent 2011-12 with the Winnipeg Jets organization, suiting up for nine NHL games. Once considered a can't-miss kid, the winger is concerned the lockout will enable a new group of prospects to make their marks in the minors, and threaten his job security.

"It gives the young guys, or the guys that are coming up, another year to mature, another year to get ready, especially with the guys who will continue to play in the American Hockey League," said McArdle. "It can help them to propel themselves up to the next level."

McArdle's agent Kevin Epp predicts there will be a "big rush" of signings once a new collective agreement is reached.

Clubs that are close to the old cap have delayed signings until the new financial framework is set. Consequently, many players and agents are in wait-and-see mode.

"It's funny when you talk to (players), because they only know what we tell them — and we don't know a lot if nobody (at the CBA negotiating table) is doing anything," Epp said. "It's just (respecting) what history has shown us, and (understanding) how we have to be patient."

THE CANADIAN PRESS

Former Canadiens players Mathieu Darche, left, and Steve Begin arrive for an informal training session at the Habs' practice facility on Monday in Brossard, Que. GRAHAM HUGHES/THE CANADIAN PRESS

Quoted

"The current (unrestricted free agents) are in limbo because the first wave was signed and now everybody's waiting to see what the cap number will be."

Agent J.P. Barry

NHL

Habs players lead major exodus to minor league

The Montreal Canadiens have assigned 21 players, including forwards Blake Geoffrion and Louis Leblanc, to the American Hockey League's Hamilton Bulldogs.

The move comes after the NHL locked out its players on Saturday.

The Canadiens also assigned forwards Alexander Avtsin, Alain Berger, Michael Blunden, Michael Bournival, Gabriel Dumont, Brendan Gallagher, Patrick Holland, Philippe Lefebvre, Joonas Nattinen, Steven Quailer and Ian Schultz.

Defencemen Nathan Beaulieu, Morgan Ellis, Brendon Nash, Greg Pateryn, Joe Stejskal and Jarred Tinordi and goaltenders Peter Delmas and Robert Mayer will also suit up for Hamilton.

All the players assigned are on two-way, entry-level contracts.

THE CANADIAN PRESS

MLB

Blue Jays looking into reported homophobic slur on Escobar's eye-black

The Toronto Blue Jays say they're looking into reports that shortstop Yunel Escobar played Saturday's game against Boston with a homophobic slur written in Spanish under his eyes.

Several pictures posted online show Escobar with the message written in his eye-black, a type of sticker players wear under their eyes.

The words under the 29-year-old Cuban's eyes were "TU ERE MARICON" which can be translated as "You are a faggot."

When contacted by The Canadian Press, a Jays spokesman said the team was looking into the matter. THE CANADIAN PRESS

MLB. White Sox make Tigers pay for errant throw

Omar Infante's throwing error on a potential double play helped Chicago score two runs Monday and the White Sox beat the Detroit Tigers 5-4 in a pivotal makeup game.

Chicago increased its lead in the AL Central to three games with their fourth straight win.

It was the final meeting of the season between the two front runners in the division.

Trailing 4-3, the White Sox loaded the bases in the fifth, driving out Detroit starter Doug Fister (9-9).

When Dayan Viciedo hit a one-out grounder to short, the Tigers tried to turn the inning-ending double play, but Alex Rios slid hard into second baseman Infante and forced an errant throw that got by Prince Fielder as two runs scored, giving Chicago the lead.

THE ASSOCIATED PRESS

The White Sox celebrate Monday's win. JONATHAN DANIEL/GETTY IMAGES

4 SPORTS

Mobile sports

Qriket

Questionable calls by replacement officials in Week 2 are not sitting well with players and coaches around the NFL. Some are fuming and others wonder if the league is concerned about the integrity of the game.

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Edwin Encarnacion celebrates a June win in Toronto against the Los Angeles Angels of Anaheim. ABELIMAGES/GETTY IMAGES

Encarnacion has come a long way

MLB. Dominican teenager who 'sucked' has blossomed into the Blue Jays' best player

At one point in his career — early on, when he was a 19-year-old — Edwin Encarnacion actually thought he was a terrible ballplayer.

There was context to that state of mind: as a baseball "kid," Encarnacion had just been traded by the Rangers to the Reds. Not savvy yet in the business of baseball, Encarnacion felt it was his fault, and in reflecting on it at the time, he believed he "sucked."

Ten years later, the man who is the Jays' best player, who is tied for second in the major leagues with 40 homers (heading into Monday's games), and who has 102 RBI in a remarkable breakout season, presents a dramatic contrast to that scared teenager. Encarnacion has come a long way in the game. And the potential locked in a kid who the Rangers drafted back in the ninth round of 2000 is blossoming now in Toronto, where he rates serious consideration as one of the most dangerous power hitters in the American League.

"Wow, what a difference," Jays GM Alex Anthopoulos said, referring just to Encarnacion's progress in Toronto since being acquired from the Reds in 2009 for Scott Rolen.

"When he first got here he had a wrist problem and the year before with the Reds he had that 26 home run season. I think he's transformed his body (here in Toronto), his mindset, his work ethic, leadership ... all things we didn't know about him at first."

Since the power potential was only fully realized just this season, Encarnacion's status among baseball's power elite is relatively new and arguably overlooked in some corners.

"I'm happy for me and for my family, it's made me happy for all the hard work you do over the past couple of years," Encarnacion said.

The accolades and numbers on display now did not come easy for Encarnacion.

That scared kid was traded by the Rangers, not because of his talent, but because Texas drafted Mark Teixeira. Encarnacion simply wasn't going to climb the organizational ladder with a talent like Teixiera in front of him.

The move to the Reds proved difficult, as well.

Perhaps the most pronounced burden for Encarnacion was his penchant for errors at third base (39 combined between 2007-08). He quickly became dubbed "E5," and on top of that, the Reds worked him relentlessly on his infield throwing (third to first).

The Reds insisted the Jays take on Encarnacion to make the Rolen deal work, a telltale sign the Reds believed his career path was in rapid decline.

Encarnacion readily admits the biggest battle he was fighting was not his fielding or his fielding; it was his mindset.

He'd have more of a fight in Toronto where Anthopoulos and the Jays liked what they saw, but were unconvinced he was worth the money he could attract in arbitration. That was the start of another round of hurdles and challenges that led to a three-year deal the Jays signed him to just before the all-star break in July.

Up to that three-year signing, Encarnacion's career path in Toronto could be characterized as submerged. He'd been placed on waivers June 20, 2010, cleared, and then sent to Triple-A Las Vegas, and then outrighted off the 40-man roster.

He was waived again in the off-season and claimed by Oakland. But the A's declined a contract offer; Encarnacion explored free agency, believing he could still play third base regularly, but finally returned to Toronto. TORSTAR NEWS SERVICE

Encarnacion's batting stats:

2011	2012
AB: 481	AB: 499
HR: 17	HR: 40
RBI: 55	RBI: 102
BB: 43	BB: 77
AVG: .272	AVG: .279
OPS: .787	OPS: .947

Quoted

"How many 40 home run hitters do you see with less than 100 strikeouts, because that's what he's on pace for, that's how good his hand-eye is."

Blue Jays GM Alex Anthopoulos on Edwin Encarnacion

Horoscopes

♈ Aries
March 21 - April 20
The only worry now is that so many things are going well for you that you take too much for granted and end up making some kind of silly mistake. Watch out for little things that might trip you up.

♉ Taurus
April 21 - May 21
Act quickly if you have a good idea or see an opening that others appear to have missed. Pluto's positive influence means it's OK to be forceful when dealing with others, as long as you have a specific goal.

♊ Gemini
May 22 - June 21
The current cosmic set-up will make it easy for you to find extra cash if you need it, but you've still got to make an effort. Yes, you might win the lottery but be reasonable, the chances are slim.

♋ Cancer
June 22 - July 23
The planets indicate that whatever has gone out of your life over the past few months will be replaced by something infinitely better over the next few weeks. Think positive and positive things are sure to happen.

♌ Leo
July 24 - Aug. 23
Steer clear of people who display negative attitudes, even if they are people to whom you are close emotionally. You have important things to take care of today, things that make a positive outlook a must.

♍ Virgo
Aug. 24 - Sept. 23
With Pluto, planet of passion, turning direct in the area of your chart that governs affairs of the heart, this is the ideal time to let that special person know how you feel about them. Don't just say it — show it.

♎ Libra
Sept. 24 - Oct. 23
Whatever happens today, be it good, bad or indifferent, you will handle it with courage and confidence. This is an especially good time to make decisions about family issues. Let your intuition guide your actions.

♏ Scorpio
Oct. 24 - Nov. 22
No matter how well you think you are doing, you should be doing even better. Set your sights high and don't rest until you have realized your dream. You can't just sit back and let life come to you.

♐ Sagittarius
Nov. 23 - Dec. 21
You may be tempted to take drastic measures to put right a financial issue that has been worrying you — and that's exactly what you should do. You have more to gain than you have to lose.

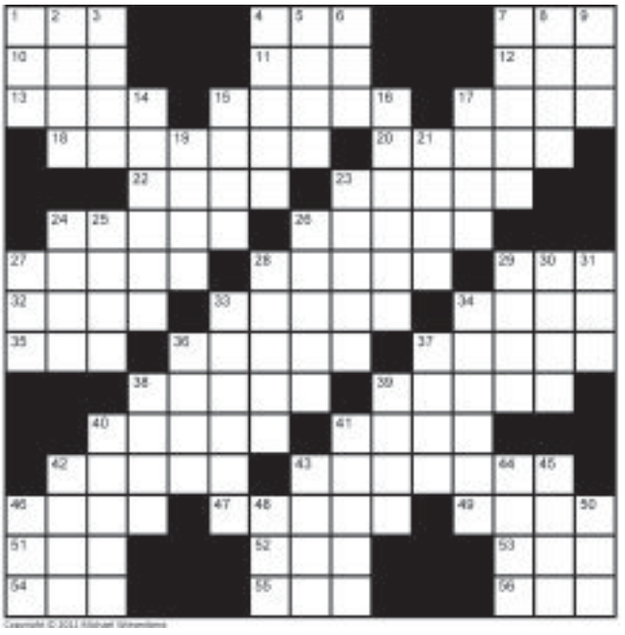
♑ Capricorn
Dec. 22 - Jan. 20
Don't waste your precious time seeking other people's approval, just get on and do what needs to be done. Not everyone will agree with your aims, and fewer still with your tactics, but why do you care?

♒ Aquarius
Jan. 21 - Feb. 19
As much as possible, try to convince others to go along with your plans rather than force them to do as you say. Just because you have the power to order people about does not mean you have to use it.

♓ Pisces
Feb. 20 - March 20
You will perform miracles today. No matter how difficult the task you are faced with, you will find a way to make a success of it. Friends and rivals alike will praise you for a job well done. SALLY BROMPTON

Crossword: A Few PMs

BY MICHAEL WIESENBERG



Across
1. Likely
4. CBS forensic drama
7. Canadian pols
10. Cow sound
11. Ad ___ committee
12. Evolutionary time period
13. Vassal
15. PM St. Laurent
17. Pack away
18. ___ Canadian (beer)
20. Scarborough, Ontario-born Austin Powers player Mike
22. "I should be sleeping like ___": line from "A Hard Day's Night" (2 wds.)
23. Portion
24. Sys ___: computer department VIP
26. ___ once: suddenly (2 wds.)
27. Towelled off
28. Secret agents
29. Obsolete TV program saver, for short
32. Some August babies
33. Gives a darn
34. Will beneficiary
35. Bond creator Fleming
36. Had the courage to try
37. Tosses
38. Pop trio brothers
39. Liberal or Conservative ___
40. ___ and the whale
41. Pile
42. Got in shape, with "up"
43. R.B. ___: 11th Prime Minister, who moved to Calgary in 1897, which became his political base
46. BMW subcompact model taken over from Rover in 2000
47. Years and years
49. Toronto-based "Tom Sawyer" group
51. "___ Maria"
52. "I got an ___ the test": "I aced it" (2 wds.)
53. Scottish "no"
54. Windows 7 or Mac OS X: acronym
55. Can. neighbour
56. Elbow's locale

Down
1. Morning times, for short
2. Bard's creation
3. Matador's opponent
4. Cheech's Edmonton-born partner
5. Under: Fr.
6. Here: Fr.
7. 39.37 inches
8. Amateurs' opposites
9. Observed
14. Calgary team
15. Bird that gives its name to the $1 coin
16. Happy expressions
17. Hutterites or Mennonites
19. Skidded
21. Affirmations
23. Carried on, as a trade
24. Field
25. Edmonton-born Maple Leaf Phaneuf
26. After: Fr.
27. 551 on a monument
28. NS-born singer McLachlan
29. Bulletproof garment
30. Québec ___
31. Monopoly has 4: abbr.
33. "O" follower
34. 22nd PM, whose riding also is in Calgary
36. Finished
37. James ___: TV's *Las Vegas* star
38. ___ Mitchell: Fort Macleod, Alberta-born writer of Crosby, Stills, Nash & Young hit "Woodstock"
39. Writes
40. James Earl or Tommy Lee
41. Auburn dye
42. DVR pioneer
43. Heckles
44. Albacore in a can
45. Russian leader before 1917
46. Angry
48. ___ de Cologne
50. Bottom seam

Yesterday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

	7	9	5		1			2
	5	3						1
2			9					
3	9				4			
	8	5				1	6	
			7				9	4
					3			5
5						6	4	
7			1		9	8	2	

Yesterday's Sudoku

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